



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chickpeas


As a legume, chickpeas are both a vegetable and protein food, helping you hit two important food groups together!



L2 Harissa Halloumi Flatbreads with Crispy Chickpeas

Cubes of halloumi cheese cooked in vibrant harissa paste with crispy chickpeas, dill roasted vegetables, and hummus served on wholemeal flatbreads.

 25 minutes

 2 servings

 Vegetarian

16 September 2022

Spice it down!

This harissa paste has a mild spice level, but if you want to spice it down, add a dollop of natural yoghurt, sour cream or raita (natural yoghurt and cucumber) with the flatbreads, or use less of the paste.

Per serve: **PROTEIN** 34g **TOTAL FAT** 63g **CARBOHYDRATES** 69g

FROM YOUR BOX

COURGETTES	2
CHERRY TOMATOES	200g
HALLOUMI	1 packet
TINNED CHICKPEAS	400g
LEMON	1
WATERCRESS	1 sleeve
HARISSA PASTE	1 sachet
WHOLEMEAL LEBANESE FLATBREADS	5-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried dill (see notes)

KEY UTENSILS

frypan, oven tray, stick mixer (or small blender)

NOTES

You can use dried oregano instead of dried dill.

Serve the flatbreads individually or on a share platter for everyone to build their own flatbreads.

No gluten option – flatbreads are replaced with gluten-free pizza bases.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice courgettes. Toss on a lined oven tray along with cherry tomatoes, **oil, 1 tsp dill, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



2. PREPARE INGREDIENTS

Cube halloumi. Drain chickpeas. Zest and halve lemon. Trim watercress.



3. COOK THE HALLOUMI

Heat a frypan over medium–high heat with **2 tbsp oil**. Add halloumi and 1/2 chickpeas to pan along with harissa paste and 3 tsp lemon zest. Cook for 5 minutes until halloumi is golden and chickpeas crisp.



4. MAKE THE HUMMUS

Add remaining chickpeas to a jug along with remaining lemon zest, juice from lemon and **1/4 cup olive oil**. Use a stick mixer to blend to a smooth consistency. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Serve the flatbreads with hummus, crispy chickpeas, halloumi, roasted vegetables and watercress (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

